

The Way of Superior Men:

1. Part I: A Man's Way:

Chapter 1: Stop Hoping for a Completion of Anything in Life:

- Most men think that “one day, they’ll be able to stop and rest”. This is wrong.
- “Rest” will never happen. Life will never be any different than it is now. So stop delaying your big projects. Don’t wait until “you have enough money” or “the kids have grown up”. These are excuses.
- From now on, spend at least one hour per day doing what you’ve always wanted to.
- The same is true for your girl. She’ll never be any different than she is now. She’ll never change. If she is truly intolerable, you should leave her and not look back.
- Learn to find humor in the unending emotional drama the feminine seems to enjoy so much.

Chapter 2: Live With an Open Heart Even if It Hurts:

- When they’re failing, most men retreat and close themselves down.
- Doing so, they’re trapped and lose their freedom. Don’t do that. Keep yourself open, even if it hurts.
- Stand up tall and open your chest.

Chapter 3: Live as if Your Father Were Dead:

- To be free, you should live completely free from your father's expectations. Start doing things you've always wanted to do but that he didn't let you do.

Chapter 4: Know Your Real Edge and Don't Fake It:

- What are you good at? Are you as good as you could be? Are you contributing as much as your skills allow you to?
- If you were fearless, would you live any differently?
- Are you living at your edge, or are you living far from it?
- Be honest with yourself. Know your real worth. And go after it.

Chapter 5: Always Hold to Your Deepest Realization:

- Make your life an ongoing process of being who you are, at your deepest, most easeful levels of being.
- Nothing will work in your life if your day-to-day isn't aligned with who you are. What's the source of your attention? What are you constantly thinking about?
- If you're not living in the flow of the things you want to do, you will never experience the peace of being yourself.

Chapter 6: Never Change Your Mind Just to Please A Woman:

- Always make your own decision. Women like men who are grounded. If you make a decision to please her, she'll be

disappointed in you as it means you don't trust yourself. Why should she trust you if you don't?

- Be open-minded and always take what she says into consideration. But always make your own decision.

Chapter 7: Your Purpose Must Come Before Your Relationship:

- Admit to yourself that between your mission and your relationship, you'd choose your mission.
- Without your mission, your life would be empty – and your relationship would suffer.
- Don't neglect your mission to spend time with your girlfriend. Tell her that you'll spend 30 minutes of quality time with her but that you'll have to go back to your mission afterward.
- 30 minutes of quality time > 3 hours of low-quality time.

Chapter 8: Lean Just Beyond Your Edge:

- Your insecurities may push you way out of your comfort zone (to achieve recognition, for example), or push you deep inside because you're scared.
- None of this is optimal.
- Ideally, you should lean just beyond your limits. This is how you grow healthily without putting too much stress or resting too much.



- Lean just beyond your edge.

Chapter 9: Do It for Love:

- Men's purpose is to find their deepest truths, enjoy freedom and love, and give their gifts.
- But most can't. As a result, they feel empty.
- Yet they don't take action to do something about it because they're scared.
- Men must be honest with themselves and do what their identity requires them to do.
- Most men will timidly poke at the world and give a fraction of what they can. The Superior Man will give everything he's got.
- He will be genuine. Always be genuine. The world knows when you're fake.
- If you penetrate it for your own gains, it will know. It's better not to do anything in this case than to do it halfway.

- Give yourself entirely, or none at all.

Chapter 10: Enjoy Your Friends' Criticism:

- A man's capacity to receive another man's direct criticism is a measure of his capacity to receive masculine energy.
- Once a week, you should sit down with your male friends and discuss what you're doing and what you're not doing because you're afraid.
- Your friends' task is to call you out on your bs and put you back on the right path.
- If you can't take criticism from men, you likely have a problem with your father.
- A father is a directing force in life. Without one, you're left wandering around not knowing where to go.
- Your friends can help you see where to go.

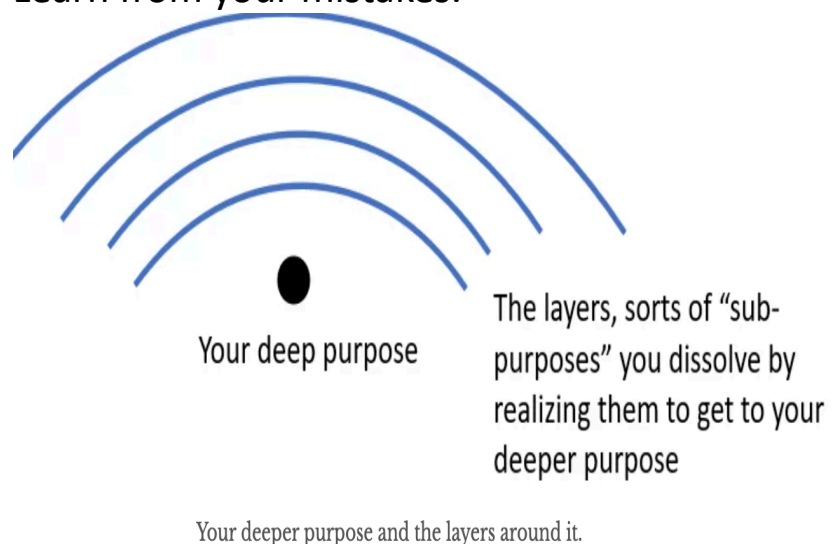
Chapter 11: If You Don't Know Your Purpose, Discover It, Now:

- Without a conscious life-purpose a man is totally lost, drifting, adapting to events rather than creating events. Without knowing his life-purpose a man lives a weakened, impotent existence, perhaps eventually becoming even sexually impotent, or prone to mechanical and disinterested sex.
- The most important thing in your life is your purpose. Everything should be aligned with your purpose.

- If you don't know it, you can't align your life to it. You become reactive instead of proactive.
- Find your purpose as soon as possible.

Chapter 12: Be Willing to Change Everything in Your Life:

- Your deeper purpose is at your core and lays under several layers of other purposes. As you go through these layers and realize the purposes, you dissolve them and get closer to your core purpose. After you realize a purpose, you will experience a period of uncertainty and doubt.
- Mediocre men run away or bury themselves when going through them. Don't.
- They are part of the journey.
- Don't take on other distractions and wait for the new purpose to come. Then when the impulse arises, go ahead and begin. Learn from your mistakes.



- Your deeper purpose and the layers around it.

Chapter 13: Don't Use Your Family as an Excuse:

- If you can't discover your purpose because you're scared or lazy, admit it. Don't use "I have to take care of my family" as an excuse.
- Your mission, even if you have a family, should be your priority in your life.
- Remember: the priority of the feminine is love. The priority of the masculine is his mission.
- This is why women are much more fulfilled with the love of their children than you are.
- Not being aligned and in sync with your purpose will weaken you. Your children will feel this and replicate it.
- For your family's sake, find out what your deeper purpose is and go after it.

Chapter 14: Don't Get Lost in Tasks and Duties:

- When men have a definite goal like achieving a specific task (finishing a report etc), they get into "do mode" and work hard to achieve their goal.
- It's good. But it also shouldn't consume your life as this would make you no more than a machine.
- The purpose of tasks is not the tasks themselves – it is that doing them will set you free.
- Take regular breaks where you can reflect and remember that the purpose of life isn't to finish these tasks.

Chapter 15: Stop Hoping for Your Woman to Get Easier:

- A woman often seems to test her man's capacity to remain unperturbed in his truth and purpose. She tests him to feel his freedom and depth of love, to know that he is trustable. A man should never think his woman's testing is going to end and his life will get easier. Rather, he should appreciate that she does these things to feel his strength, integrity, and openness.
- Women test you to make sure you're still as strong as you were when you began dating.
- As you become more intimate with a girl, her tests will get harder because she'll get to know your sweet spots.
- The testing will never stop. And it will never get easier.
- The only way to pass them is to remain unperturbed with her test, to remain full, strong, happy, and humorous. You need to remain grounded and not show any sign of change.

2. Part II: Dealing With Women:

Chapter 16: Women Are Not Liars:

- *In the feminine reality, words, and facts take a second place to emotions and the shifting moods of relationship. When she says, "I hate you," or "I'll never move to Texas," or "I don't want to go to the movies," it is often more a reflection of a transient feeling-wave than a well-considered stance with respect to events and experience.*
- Men mean what they say.

- Women express their feelings at instant T. Sometimes they mean what they say too, but most of the time, they just express however they're feeling at that moment.
- And since feelings change, what she says will change too.
- *The basic rule is this: Don't believe the literal content of what your woman says unless love is flowing deeply and fully in the moment when she says it. And even then, know that she is probably talking about her current feelings, not necessarily about the subject of whatever she is talking about.*

Chapter 17: Praise Her:

- *The masculine grows by challenge, but the feminine grows by praise.*
- Men love challenging each other because this is how they grow. When you challenge your girl, you develop the masculine side in her. The feminine does not grow by challenge, but praise.
- Bottom line: if you want her to exercise, don't ask her to lose x kilos. Tell her you love her body.
- Likewise, be positive. "You're so beautiful when you smile" > "you're ugly when you frown".
- You need to praise qualities that are not yet praiseworthy so your girl develops them.

- Telling a lazy girl she's hardworking will encourage her to work hard.
- In other words, forget about logic.

Chapter 18: Tolerating Her Leads to Resenting Her:

- If you tolerate a bitchy behavior, it will lead you to resent her.
- Realize that her being bitchy isn't entirely her fault. It's a sign love isn't fully flowing.
- *A superior man sees his woman's moods not as a curse, but as a challenge and an amusement.*
- When she's like this, don't close yourself. Rather, open yourself to her love.
- Here are a few ideas to deal with her.
 - a. Tickle her.
 - b. Take off your clothes and dance the watusi.
 - c. Sing opera for her.
 - d. Make animal sounds.
 - e. Shout at her louder than you ever have and then kiss her passionately.
 - f. Press your belly into her until she melts.
 - g. Lift her off the ground and spin her around.
 - h. Occasionally, talking with her helps, but not as often as humor and physically expressed love.
- If you have tried everything, simply relax.

- Don't ever wish she was easier, as it weakens you – and the relationship will only be worse from there.
- If you cannot love her as she is, end the relationship.

Chapter 19: Don't Analyze Your Woman

- *The feminine's moods and opinions are like weather patterns. They are constantly changing.*
- Men think and react in terms of action -> reaction. Every problem has a cause, every problem can be fixed.
- It doesn't work this way for women. They don't have problems, just mood X at instant T.
- Don't look for the causes of her mood as you'll never find the answer. 90% of the time, it's likely caused by not enough love.
- So don't stay there to try to analyze. Give her a hug, kiss her, whatever.

Chapter 20: Don't Suggest That a Woman Fix Her Own Emotional Problem

- Her emotions are her energy. Fixing them would be like depriving her of her feminine energy. The feminine is naturally messy and changing. She doesn't want to decide what to do, she wants to follow your lead.
- If it's her birthday, don't say "today, we do whatever you want to do". Say instead "today, I have prepared a whole surprise day with different activities that you will love".

- She wants to follow your lead and trust you. She doesn't want to come up with things herself.
- Men are the opposite. We'd love to do whatever we want on our birthday – we don't want anyone to organize surprises.
- *One of the deepest feminine desires in intimacy is to be able to relax and surrender, knowing that her man is taking care of everything.*
- The masculine energy is the boat moving from A to B. The feminine energy is the ocean, moving in all directions at once.
- Women don't become free by analyzing themselves. They become free by surrendering to love.

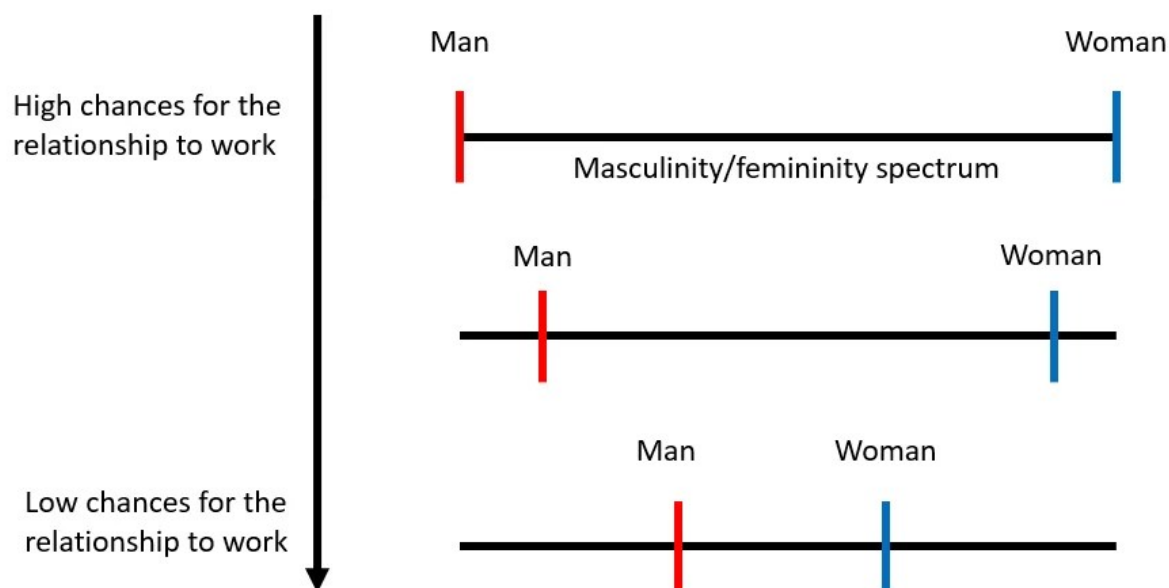
Chapter 21: Stay With Her Intensity—to a Point:

- *When a woman gets emotionally intense, a mediocre man wants to calm her down and discuss it, or leave and come back later when she is "sane." A superior man penetrates her mood with imperturbable love and unwavering consciousness. If she still refuses to live more fully in love, after a time, he lets her go.*
- When your girl's emotions are too wild, you may be disgusted or scared as she shows she's not reliable and can be damaging.
- The way you deal with her is the way you deal with chaos. It's harder for some men than for others.

- Eg: if you like it when everything is tightly arranged into places, you'll also try to box her emotions up and that won't work.
- So, how do you deal with it? By embracing the chaos, that is by loving her and standing your ground.
- If her emotions become too much and you can't handle it, then you should leave.

Chapter 22: Don't Force the Feminine to Make Decisions:

- Relationships are sustained when the polarity between feminity and masculinity is maintained.



- Relationships rest on polarity.
- If that polarity begins to diminish, conflicts will begin to increase.
- Making decisions is a strong masculine property. When your girl is asking your opinion about what to do, don't tell her "do whatever you want". Tell her what to do – but let her choose.

3. Part III: Working with Polarity and Energy:

Chapter 23: Your Attraction to the Feminine Is Inevitable:

- Masculine men are attracted to feminine women. Attraction to feminine things is inevitable – don't hide it.
- If you do, it indicates shame related to your sexual core.
- If you feel it is demeaning for a woman to be the "object" of your polar attraction, then you have probably disowned your masculine core. You have energetically emasculated yourself by condemning and suppressing your native desires. You are negating your sexual essence, rather than being at home with it.
- A negative attitude related to your desires is a sign of fear. It means you learned that being attracted to women was bad.
- It's in fact beautiful and perfectly healthy.
- Next time you feel attracted to a girl, relax your body. Savor the feeling.

Chapter 24: Choose a Woman Who Is Your Complimentary Opposite:

- If a man is very masculine by nature, then he will be attracted to a very feminine woman who will complement his energy

- You are always attracted to your sexual reciprocal. So, if you have a more feminine sexual essence, you will be attracted to a more masculine woman.
- 10% of couples are balanced, with a neutral man and a neutral woman. 10% are invested, with a masculine woman and a feminine man. And finally, 80% of couples have a masculine man and a feminine woman.

Chapter 25: Know What Is Important in Your Woman:

- The feminine is the force of life. The more masculine a man is, the more his woman's feminine energy will be important to him.
- The more you seek a woman that will give you everything, the less you'll get anything. A feminine woman won't give you the masculine vibe of business, for example. You need to accept that.
- A masculine man needs the refreshing presence of a feminine woman.
- Let her be feminine. If you ask for some masculine qualities out of her, the polarity in the relationship will be weakened.

Chapter 26: You Will Often Want More Than One Woman:

- You will want to have sex with other girls, it's unavoidable.
- You should think and decide how you will react to that, taking your deeper purpose into consideration.

Chapter 27: Young Women Offer You a Special Energy:

- You feel happier around young women because they're more feminine and alive. Older women had to build up masculine qualities to go through life and can rarely maintain their youthful energy.

Chapter 28: Each Woman Has a "Temperature" That Can Heal or Irritate You:

- Some women have warming energies, others have cooling energies. It's important you know what you like so you can choose accordingly.
- If you have a hot temper, a cool woman would probably be better.
- But it also depends on your environment. If everything is hot at work all day, then you won't want to go back to a hot woman.
- That doesn't mean you need to break up. You just need to hang out more with cool people.

4. Part IV: What Women Really Want:

Chapter 29: Choose a Woman Who Chooses You:

- A man should never go after a woman that doesn't want him as his neediness will make the relationship impossible.
- The priority of the masculine core is mission, purpose, or direction in life. The priority of the feminine core is the flow of love in intimacy. If a woman feels your feminine is stronger than hers—if she feels that the intimacy is more important to you than to her—then she will naturally animate her masculine. She will want space, she will want

freedom to pursue her own direction, and she will be repulsed by your clinginess.

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Chapter 30: What She Wants Is Not What She Says:

- Women often want one thing and ask for the complete opposite as a test. If you're a weak man, not only will you fail the test, but this will piss you off.
- Men who want women to speak clearly and truthfully don't understand the feminine divine. And the feminine divine deserves nothing less than the masculine divine.
- *The divine masculine is consciousness. A superior man practices maintaining full consciousness in all situations.*
- *Your woman will ask you to do all kinds of things, every day. Do not allow yourself to be swayed from your truth, from the direction of your heart.*
- *Always act to maintain your fullest consciousness. Always apply your sword of discrimination to your woman's requests, never taking them at face value, but always checking with your deepest wisdom and following the road of your highest truth, even if it seems to mean disappointing your woman. She won't be disappointed if she feels you are strong and clear in the true direction of your heart. And if she is disappointed by your deepest truth, you shouldn't be with her.*

Chapter 31: Her Complaint Is Content-Free: -- > from here in book

- Women complain for a variety of reasons that do not matter. The complaint is a sign that:
 1. She's not receiving enough love from you.
 2. Her man is less masculine than he should be.
- Don't take what she says into account – and by all means, don't do what she asks you to do.
- Bottom line: if she complains you didn't do the dishes, the problem isn't about the dishes.
- It's you.

Chapter 32: She Doesn't Really Want to Be Number One:

- If you make your girl the priority in your life, it means your mission no longer is. It also means you are less masculine than you were.
- Bottom line: a girl should never be priority number one.
- *Although she would never admit it, she wants to feel that her man would be willing to sacrifice their relationship for the sake of his highest purpose.*
- *If a woman has become the point of your life, you are lost. You have a gift to give, a purpose to fulfill, a deep heart-impulse that moves you. If you have lost touch with this impulse, then you will begin to feel ambiguous in your life.*
- *If you aren't living from your core, giving your fullest gifts, everyone will feel your lack of true purpose. Your kids will challenge your authority. Your colleagues will take advantage of you. Your friends won't expect much of you. And your wife won't trust you.*

Chapter 33: Your Excellent Track Record Is Meaningless to Her:

- To men, history and track record create admiration and respect.
- To women, it means nothing.
- The feminine responds to instant T. You can be nice for ten years and mean for 5 seconds, she'll think you've been mean forever.
- *For the feminine, the past is entirely irrelevant. One wrong word in the midst of a five-hour lovemaking session that was otherwise perfect could collapse your woman as completely as if you had spent two hours making mistakes.*
- The fact that the past is irrelevant is both good and bad. It's bad because no amount of good you've done in the past will make it up. It's good because since the past is irrelevant, she'll forget soon enough about that mistake.
- Don't justify, restore love and happiness.

Chapter 34: She Wants to Relax in the Demonstration Of Your Direction:

- Feminine women want you to lead them so they can relax.
- This is true financially, sexually, emotionally, and spiritually.
- If you don't take the lead, if you're not responsible, she will have to and won't be able to relax.
- How can you be more responsible?

- You need to be more conscious, first by knowing your deepest purpose, then by managing your finances and spiritual life accordingly.

5. Part V: Your Dark Side:

Chapter 35: You Are Always Searching for Freedom:

- The essential masculine ecstasy is in the moment of release from constraint.
- The masculine is constantly in search of a release, in search of emptiness. The masculine orgasm is a release. Playing sports is a way to release tension and energy.
- Masculine men become emotional during the moment of release from constraint into freedom.
- Breakthrough into freedom is the main motive of the masculine. This explains why war is such a masculine thing, and why it evokes so many emotions.
- The masculine is always seeking release from constraint into freedom. The feminine often doesn't understand these masculine ways and needs.
- While men look for freedom hence emptiness, women look for love – hence fullness. Their means is not release, but surrender. And they cannot stand emptiness.
- Women will fill up everything they can.
- When she does not feel full of love, she seeks to fill herself with ice cream, chocolate, or conversation rather than

empty her stress through TV or ejaculation, as men often do.

- Ego death, absolute surrender to the point of oneness, is the ultimate freedom. Few men ever release themselves enough to relax in this depth of freedom because they are afraid of absolutely no stress. No stress means no thoughts, no sense of protected self, no mission to accomplish. The end of the masculine game.
- Yet, this stress-free, unprotected end of the game is exactly what you are always seeking, through orgasm, financial killings, or winning a war. You are willing to experience lesser forms of masculine "death" and ecstasy, but you are unwilling to face the death of your separate self-sense, and finally be the freedom you have only allowed yourself to taste in moments.

Chapter 36: Own Your Darkest Desires:

- When you're not in touch with your deepest and darkest desire to take your girl, rip her clothes off and throw her on the bed in a loving way, you start imagining doing stuff to her in a rather...unloving way.
- The excitement of violence and coercion replaces the desire for love.
- Few men will admit it, but most have fantasized about having sex with a girl against her will. Likewise, few women will admit it, but most have fantasized about being forced to have sex.

- The dark feminine desire, to be forced to surrender, is as strong as the dark masculine desire to penetrate through a woman's resistance.
- The only difference between a positive outcome and a negative one is doing it out of love.
- You need to be aware of these dark desires and play with them.
- If your woman is unwilling to completely surrender, she won't be able to receive your love and will use conversation, movies, and food to fill herself up.
- You must be as fearless with your sexual desire as you are with your spiritual desire. The essential masculine fear is loss of self—which is also the essential masculine desire. So, if you are like most men, you are willing to lose your self in controllable ways like sports, newspapers, and orgasm, but you remain fearful of losing your self, for real, in love-ecstasy with your woman, surrendered in the unknowable infinity beyond mind.
- Try it once with your girl. Get rid of all of your inhibitions and realize your darkest desires.
- By reclaiming the full force of your dark masculine loving, you will not only re-own your capacity to ravish your woman in selfless ecstasy, but you will also re-own your spiritual guts.
- To truly ravish your woman in love, you must yield yourself in the worship and trust of her heart, which, in truth, is your heart. Such fearlessness will prepare you for and perhaps even initiate you into the worship and trust of

consciousness itself, such that you will find greater and greater capacity to yield into and as the boundless One who you truly are.

Chapter 37: She Wants the “Killer” in You:

- Fearlessness, or the capacity to transcend the fear of death for the sake of love, is a quintessential form of the ultimate masculine gift.
- Your girl will be turned off if you're scared to go check the noise downstairs to see if there's a thief or not. She'll be turned on if you don't hesitate to kill the cockroach.
- She's not turned on by you killing. She's turned on by your capacity to kill.
- Today's current fashion is to suppress both the dark masculine and the dark feminine, so we have a large population of wimpy men and polite women. But beneath the nice veneer of most women lies the wrathful goddess who would chop the head off of every mediocre "new age" man. And beneath the patient smile of most men lies the warrior of love who would ravish his woman into bliss rather than listen to her chat in pointless emotional circles.

Chapter 38: She Needs Your Consciousness to Match Her Energy:

- A man must be able to meet his woman with consciousness equivalent to her energy.

- A woman can be anything, and she'll keep on going back to being that thing you hate the most. The only way to stop that is to love her, so that her anger can be transformed into passion.
- You don't love girls by telling them but by showing them. Give her a hug, laugh, make a joke, spin her in the air.
- If her body is closed, open her arms.
- The extent to which you own yourself should match her energy.
- She will never trust your "lighter" masculine capacities until you have proven your "darker" masculine capacities.
- If you're not in touch with your dark side, you won't be able to meet and serve her dark side.
- It's not about pleasing her, but about being fully congruent with yourself.

6. Part VI: Feminine Attractiveness:

Chapter 39: The Feminine Is Abundant:

- *If a man feels that there aren't enough women, or that life isn't giving him what he wants, he is simply negating his relationship to the feminine. There is never a shortage of*

feminine energy, only a resistance to receiving, trusting, and embracing it.

- Whenever you're feeling lonely, feel the present moment as if it were a woman. Kiss her, hug her, feel her breasts.
- Do the same with real women.

Chapter 40: Allow Older Women Their Magic:

- You're likely more attracted to young women than older ones. It's ok. It doesn't mean that you should not respect older women. Each age has its advantages.

Chapter 41: Turn Your Lust Into Gifts:

- When you see a beautiful girl, you often feel sexual energy. Most men diffuse this energy with fantasies. Don't do that. Keep the energy and make it circulate inside.

Chapter 42: Never Allow Your Desire to Become Suppressed or Depolarized:

- *When a man denies his desire for the feminine, either by choice or due to familiarity, it is a sign of his depolarization even toward the world.*
- When you decide to fully engage the world and women, you need to remain masculine. Otherwise, you will resist, resent, and reject both.
- This is the choice between putting up with your girl, and fully loving her, and accepting her for who she is. The former will ruin the relationship while the latter will maintain it.

- *It is not time that kills delight, but familiarity, neutralization, and lack of purpose.*
- A mediocre man quits something when he loses interest. The newness gets him his interest and polarization back. This should be the other way around. You shouldn't lose your polarity whatever happens.
- So, why do you lose it in the first place? Because of familiarity.
- Familiarity breeds depolarization and depolarization breeds contempt among lovers.
- As you are depolarized, you treat your woman with neutral sexual energy. She'll feel it and resent you for it.

Chapter 43: Use Her Attractiveness as a Slingshot Through Appearance:

- *A man's attraction to women must be converted from attraction to women into attraction **through** women.*
- *A good woman is a source of inspiration and attraction into the world for a man. He must never forget, however, that neither the world nor his woman is the purpose of his existence. His practice is always to feel through women and the world, without suppression or disdain, into the their source or very nature. A man's attraction to women must be converted from attraction to women into attraction through women. He must feel his desire without suppression, and then feel through his desire into the source-energy of desire. He must feel through her beauty, into the very delight of which her beauty is a but a ripple*

and reminder. His whole relation to appearance is epitomized in his relation to women, either as obsession, distraction, or revelation.

- *Women can attract you, heal you, and inspire your gifts, but they will never satisfy you absolutely. Never. And you know this.*
- ***The play of your body wanting her body is the most obvious hoax of fulfillment. If you have ever gotten the woman you've wanted, you know that it's never as good as you hoped for, at least not for very long. And yet you continue to be attracted, over and over and over, to the same woman or to different women. It's all the same thing. You are deceived by the mirage of your own desire. You are deluded by your own excitement.***
- *You've had nurturing. You've had wild passion. And none of it lasted. It wasn't even that good as long as it did last. Your need is far deeper than any woman can provide. So what is it?*
- *Your ultimate desire is for the union of consciousness with its own luminosity, wherein all appearance is recognized as your deep, blissful nature, and there is only One.*
- *In a moment of attraction, let your desire feel to her, but don't stop there. Feel through her.*

7. Part VII: Body Practices:

Chapter 44: Ejaculation Should Be Converted or Consciously Chosen:

- If a man cannot control his ejaculation, it means his girl has power and control over him. Over time, that will hurt the relationship. Furthermore, ejaculation depletes and weakens you.
- There are many physical and spiritual reasons why ejaculation should be converted into non-ejaculatory whole body, brain, and heart orgasms. But there are also relational reasons. When a man has no control over his ejaculation, he cannot meet his woman sexually or emotionally. She knows she can deplete him, weaken him, empty him of life force. She has won. When a man ejaculates easily, he creates ongoing distrust in his woman. At a subtle level, she feels he cannot be trusted. She, and the world, can deplete and depolarize him easily. This subtle distrust will pervade the relationship. She will not only doubt him, but actually act to undermine his actions in the world. By undermining him she demonstrates and tests his weakness, but she also hopes that through such tests he can learn to remain full.
- The price of a few seconds of orgasm is days of mediocrity.
- *In a subtle way, excess ejaculations will diminish your courage to take risks, professionally and spiritually. You will settle for doing enough to get by, to be comfortable, but you will find that you would rather watch TV than write your novel, meditate, or make that important phone call.*

- After you ejaculate, you don't really want to have sex with her anymore. She feels it. She also thinks that if you don't want her anymore, you also don't want to go after your mission.
- This is bad for the relationship.
- On the one hand, she's happy when you come. On the other, she's disappointed.
- *Every time she sucks you into an uncontrollable need to ejaculate, she has conquered you. And, deep down, she knows the world can do the same to you.*
- If you decide to ejaculate, you should do it consciously. You can never "not control it".

Chapter 45: Breathe Down the Front: (read from here in book)

- When you get nervous, your stomach tightens. When you are saddened, a lump forms in your throat. When you are threatened, your solar plexus feels queasy. When you think hard, your forehead wrinkles. When you consider the unsure future, you tense your jaw. For much of the day, you are tightening, tensing, and contracting the front of your body, from the top of your head, through your chest, and all the way down past your gut.
- Over time, this accumulated tension in the front of the body limits energy flow, restricts presence, and keeps awareness focused on self-concern.

- A tight chest and belly constrict energy, causing people to feel weak, self-centered, and unnoticed by others. It limits their full potential and presence in the world.
- Tension often arises from excessive self-concern, where energy knots up in the body. As a result, the best way to release it is by opening yourself to others; doing something for them.
- When the front of the body is relaxed and open, energy flows freely. This open posture enhances personal presence, allowing individuals to command attention without effort. People with an open front of the body seem naturally relaxed, self-assured, and present in the moment.
- Inhale deeply into the lower belly, and progressively fill the solar plexus and chest. Focus on breathing into tense areas to release stored fear and anxiety.
- People with charisma are relaxed and attentive.
- To remedy the tension, breathe.
- Breathe with your belly through your nose, and exhale through your mouth.
- It can be as simple as doing the dishes.

Chapter 46: Ejaculate up the Spine:

- There are two types of orgasms: depletive orgasms and rejuvenative orgasms. Depletive orgasms are orgasms reached for their own sake. They're premature.

- If you ejaculate before both you and your girlfriend are completely open to one another, the ejaculation is premature.
- Besides relaxing and loving into and through your partner, you must become very sensitive to the force of your breath. Breath moves life energy through your body as well as your partner's. If your breathing becomes too shallow, the life force cannot be conducted through your body. Instead, this force builds up, usually in your head or in your genitals. If it builds in your head, you will begin to spend more and more time fantasizing about sex and women. If it builds up in your genitals, you will feel the need to ejaculate, either through sex or masturbation.
- Feel your partner more than you feel yourself. Feel her movement, her moans, and her internal energy.
- To realize the full potential of sex, you need to unlearn the way you ejaculate – that is, you need to unlearn masturbation.
 - Be fully aware of your body and of the moment. Don't fantasize in your mind.
 - Don't tense your muscles -> relax them.
 - Don't breathe fast -> breathe slowly.
 - Don't tie your belly -> relax it.
 - Direct your attention to your partner. Feel sex through her body.
 - Practice the Kegel exercise both outside sex and during sex. By doing so, you will transform the orgasm from a depletive orgasm to a rejuvenating orgasm.
 - None of this can work if you don't fully open yourself to loving your partner.

8. Part VIII: Men's and Women's Yoga of Intimacy:

Chapter 47: Take Into Account the Primary Asymmetry:

- The priority of a man is his mission. The priority of a woman is love (aka her relationship). They must both support each other to make the relationship work.
- *To you, intimacy is something to be enjoyed in addition to your purpose. To your woman, intimacy is at the core of her life, and the tone of your intimacy colors everything else she does.*
- For most men, their girlfriend is replaceable. Men know that if they were to lose their girl, they would find another one. This isn't the case for girls. They're really attached to their boyfriends. *Whereas you live in a world of relational possibility, she lives in a world of relational actuality.*
- Your relationship with her determines almost everything in her life. Doesn't matter how much she tries to fulfill herself with a career, art, or friends – that'll never replace a relationship.
- Western culture has become so anti-feminine that many women deny their own femininity by adopting men's desires and aspirations. *By denying their feminine essence, such women are predisposing themselves to emptiness of heart, depression, and bodily symptoms of disease.*
- If you feel guilty for not being into your girl as much as she is into you, don't worry. It's normal, and it's healthy. The

opposite would mean the end of the relationship. Don't worry, and keep your eyes and dedication on your mission.

- Honoring and understanding this asymmetry is primary. *When you both honor the primary asymmetry in intimacy, you can each concentrate on your true desires rather than compromising for the sake of an imaginary truce between genders.*
- *However, if she has chosen to deny her heart desire and adopt more masculine goals of purpose and mission as her core needs, both of you will suffer.*

Chapter 48: You Are Responsible for the Growth in Intimacy:

- The man is responsible for the growth of the relationship and for the woman's depth of love.
- The woman is responsible for the intimacy of the relationship and for the man's energy.
- It's important to serve your partner in the relationship.
- As a man, you have the gift to get a woman out of her bad mood by giving her your love.
- *The point is not to be her therapist, but to be her wake-up call, her heart-opener, her reminder of the primacy of love.*
- If she's always stressed out, you need to know what she needs to change so she can relax.
- *Your main gift in intimacy is to guide her, moment by moment, out of her moods and into the openness of loving.*

- The woman's job is to get you back into the present. Because you get lost in projects and thoughts, her energy is there to bring you back into your body.
- Without a woman in your life, you'll spend your time working, lost in books or on the Internet.

Chapter 49: Insist on Practice and Growth:

- If you don't know where you're going, your girl will have a hard time trusting you. So the first step is to find your path, your mission.
- When there is a conflict of decision in the relationship, the weak man plays the nice guy.
- The less mature man says "if you're not happy, you can leave".
- The Superior Man slices through her bullsh*t with compassion and patience and seeks nothing but the best for his girl.
- You are entirely responsible for cutting through your own laziness, addictions, and unclarity. There is nothing to wait for and nobody to blame. Whatever techniques are appropriate, use them.

Chapter 50: Restore Your Purpose in Solitude And With Other Men:

- If you spend too much time with your girlfriend, both of you will depolarize. She will become more masculine and you will become more feminine.

- To recharge, girls should spend time with girls and guys should spend time with guys.
- Men can recharge their masculine energy in two ways.
- Austerity: no TV, sex, entertainment. No comfort. The purpose is that you can feel your suffering, which stimulates growth.
- Challenge: another form of suffering. These can be physical (climbing, running, etc), or psychological, by doing something you're afraid of.
- *Unadorned suffering is the bedmate of masculine growth. Only by staying intimate with your personal suffering can you feel through it to its source. By putting all your attention into work, TV, sex, and reading, your suffering remains unpenetrated, and the source remains hidden.*
- At least once a week spend time with men only. And spend time alone, too.

Chapter 51: Practice Dissolving:

- *Like dissolving in the intensity of an orgasm, a man's greatest desire is to be utterly released.*
- *Embrace every moment of experience as a lover, and trust whatever direction love moves you. Die in the giving of your gift, so you don't even notice you have stopped holding onto yourself. Fear is your final excuse. Don't fight it. Love through it.*